



JSS Weekly Update

February 2016

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This Month Begins a Focus on Resiliency and Health!

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March Events

Hoops for Heroes - 10th
Strong Bonds - 11th-13th

Easter Egg Hunt's

Spokane - 20th
Camp Murray - 19th
Marysville - 19th

WASHINGTON JOINT SERVICES SUPPORT
BUILDING 3, CAMP MURRAY WA
(800) 364-7492

<http://mil.wa.gov/family-programs>

@JSSWA

What is the Performance Triad?

The Performance Triad is a comprehensive U.S. Army initiative that gets back to the basics of health: sleep, activity, and nutrition. It is being rolled out as part of the System for Health and is designed to build and sustain Soldier health in order to optimize personal and unit performance, resilience, and readiness. Soldiers should focus on all three components of the triad equally.



Not many High School teens have been aboard a United States Warship. Thanks to the amazing USS Turner Joy Staff, WANGY's Youth Council was given an up close and personal tour of the USS Turner Joy (DD 951), a Naval Destroyer. They were guided by local Veteran Volunteers Hector and Doug around the museum ship that fired the final round of naval gunfire during the Vietnam War. The Youth Council endured all the gloom and rain that the Puget Sound has to offer as they made it across the main deck. They climbed from the bulkheads and through the cold steel down countless passageways to see the inner workings of this grand destroyer. From the engine room to the bridge, our teens discovered how this floating oceanic marvel sailed into battle with its compliment of 233 sailors. The council never wavered in their never ending quest for knowledge though the belly of the ship was cold as ice. Question after question was asked to the gracious tour guides, like young Sailors learning from their seasoned Chiefs. This experience allowed the Youth Council who typically come from Army and Air Force backgrounds to see how another branch of military servicemen live or have lived aboard such a mighty vessel. As the tour came to an end the youngsters filled the Turner Joy Gift Shop to collect souvenirs from their adventure aboard the USS Turner Joy.







Employment Transition Services (ETS)

provides helpful coaching to assist unemployed, separating and retired military personnel enter the civilian world.

Our mentors provide various services to facilitate a successful transition, including resume development, referral services, interview techniques, career self-assessment tests, and job placement services. Those that use our services leave with the confidence and tools they need to find a meaningful career in the civilian world.

Services Offered:

- Resume preparation
- Military skills translation
- Apprenticeship and job placement services
- Networking
- Interview techniques and tips
- Employment plans
- Agency referrals
- Hiring and job events

Contact our counselors for assistance and support:

Will Gable - Camp Murray

(253) 512-8727 wiliam.f.gable.ctr@mail.mil

Eric Barnes-Spokane

(253) 512-8727 eric.s.barnes4.ctr@mail.mil

Shannon Leacy -Camp Murray/Tacoma/JBLM

(253) 512-8903 shannon.l.leacy.ctr@mail.mil

Jennifer Hibbs - Olympia/Centralia/Vancouver

(360) 604-7320 Jennifer.d.hibbs2.ctr@mail.mil

Reyes Villarreal -Tri-Cities/Yakima/Moses Lake

(509) 760-3238 reyes.villarreal.ctr@mail.mil

Cathie Valentine-McKinney

Kent/Seattle/Everett/Marysville

(253) 740-1169 catherine.r.mckinney3.ctr@mail.mil





A certification course was taught this past month through the coordination of Employment Transition Services & IBM. The I2 Analyst's Notebook Veterans Training Certification, which is normally a \$6,000 certification was taught free of charge. Thirteen people attended the class, eight of which were WA Guard Service Members. An IBM executive graced the attendees with a video call, where he went over the over 225,000 opportunities available with IBM. Attendees not only received training but they were given follow on information and resources to assist them in navigating the career world in technology. Trainings like this are offered through the immense community partnering work that the Employment Transition Services here at JSS do throughout the year. Stay up to date with "Joint Services Support– Washington" page on Facebook to hear about more opportunities like this one as well as Job Fairs throughout the state for National Guard Services Members, Veterans and their Families.





Winning Game Plan

- 7-8 Hours of Sleep Per Day
- Regular Activity
- Diet Rich in Nutrients



BEING HEALTHY IS BEAUTIFUL

Boost your confidence as you work toward healthy living.

Get quality sleep, be active, and eat well.



LEARN MORE ABOUT THE PERFORMANCE TRIAD: **SLEEP**, **ACTIVITY**, AND **NUTRITION**
AT [HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)





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What are the three focal areas of the Triad?

The Triad focuses on three critical components of performance: sleep, physical activity, and nutrition. Sleep, activity, and nutrition interact, so it's important to pay equal attention to all of them to achieve readiness and performance above and beyond.

Sleep

- Sleep seven to eight hours every day.
- Finish physical activity three hours before bedtime.
- Create a “wind-down routine” for the 30–60 minutes before bedtime.
- Stop consuming caffeine six hours before bedtime.
- Seek help if you have sleep problems for more than two weeks.

Physical Activity

- Vary workouts and include strength, endurance, balance, agility and coordination
- Warm up.
- Decrease inactivity (sitting) time.
- Walk 10,000 steps a day.
- Manage injuries quickly.

Nutrition

- Eat good-quality food.
- Stay well hydrated.
- Be informed about dietary supplements.

If you'd prefer to find more information on your own, please visit the Performance Triad Website at www.PerformanceTriad.mil

Health and Service

While attending a “Move to Health” seminar, SSG Jennika Cardenas a mother of 3 heard about the Army Wellness Center which is located at the Jensen Gym on Fort Lewis Main. The Armed Forces Wellness Center helps service members, retirees, their families, and civilian employees build and sustain good health. It empowers them to set their own health goals and achieve them, and addresses lifestyle change in areas that affect both short- and long- term health. She was interested in the health monitoring resources available at the center and immediately went by to make an appointment following the seminar.

During her appointment, much like the PHA she was asked many health related questions that would be used in assessing her overall health.

Following the questioning she was escorted to the “Bod Pod” which is an egg shaped device that you climb into for 2 minutes while it analyzes your body fat percentage to a 98% accuracy. She received a printout that the staff went over in detail with her about that explained her BMI and specified her category of health. The appointment gave her a great baseline for personal health that she can use as she continually works towards overall health and resiliency.

SSG Cardenas was mostly surprised because she was able to see the improvements that working out with the daily PT group has had on her fitness through real data. Everyday she meets for a group PT session lead by Master Fitness Trainers SFC Lopez and SFC Collins which has given her the motivation and accountability she needed.

The next steps SSG Cardenas will take will be follow on health checks like a Stress Management Class, Metabolic test, as well as a VO2 Test which tests physical fitness levels.



JBLM Wellness Center

Located inside the
Jensen Family
Health & Fitness
Center

(BLDG 2022 Liggett Avenue)

Phone: (253) 966-3757

The AWC is a U.S. Army Medical Command initiative overseen by the Army Public Health command, staffed by a nurse and health educators who deliver primary prevention programs (primary prevention occurs before disease, injury, or disability occurs). Referrals can be made to the AWC by medical providers or unit commanders. Self-referrals are always welcome, and can be made by contacting the AWC directly.

AWC Services are available in the following areas, Health assessment review, Physical fitness, Healthy nutrition, Stress management, General wellness education, Tobacco education

4th Annual G1

St. Patrick's Day 5K

RUN/WALK

17 March 2016

Sign-up begins 1100 in Bldg 33

Run Starts Promptly @ 1130

- * *Free Raffle for ALL Participants*
- * *Prizes for top 3 Male/Female finishers*
- * *FREE LUNCH served by the G1 staff*

- * *All donations will go to the National Guard Association Minuteman Emergency Fund, helping our fellow Washington Guardsmen*



POC: SSG Andrew Toney
andrew.j.diegotoney.mil@mail.mil
(253) 512-8495

Easter Egg Hunt's

Free to all
Washington National
Guard Families
with ID



Camp Murray

March 19th

930am-1130am

Contact Robbin Seeberger
for more details
253-512-7985

Marysville

March 19th

1pm-3pm

Contact Tina Messina
for more details
425-512-7985

Spokane

March 20th

11am to 1pm

Contact Kim Cole
for more details
509-844-1115





JFHQ

Sexual Assault Response Coordinator & Victim Advocate Coordinator



SFC Melinda Heikkinen
JFHQ SARC
Phone (253) 512-1365
melinda.e.heikkinen.mil@mail.mil

Washington SARC
24/7 Line
253-307-6483



SSG Jennika Cardenas
JFHQ Victim Advocate Coordinator
Phone (253) 512-7881
Jennika.m.cardenas.mil@mail.mil

If YOU Have Been Sexually Assaulted
Go to a safe location
Call 911 or your SARC 24/7 Line 253-307-6483

**Restricted reports can
be made to:**

- MEDICAL PERSONNEL**
- JFHQ SARC**
- UNIT VICTIM ADVOCATE**

**Unrestricted reports can
be made to:**

- MEDICAL PERSONNEL**
- JFHQ SARC**
- UNIT VICTIM ADVOCATE**
- Chain of Command**
- Law Enforcement**





ASIST

Applied Suicide Intervention Skills Training



ASIST is a two-day interactive workshop that teaches practical crisis intervention skills designed to help anyone prevent the immediate risk of suicide. Guardsmen have a 10% unit requirement, and have first priority. Family members, Veterans and community resource providers serving these demographics are also welcome on a limited basis.

February 20-21, 2016 JBLM

February 25-26, 2016 Vancouver

March 17-18, 2016 JBLM

April 21-22, 2016 Spokane

May 19-20, 2016 Seattle

June 16-17, 2016 Yakima

Certificate includes 15 CEU hours and qualifies as the required annual suicide prevention training for healthcare professionals. Please email for a registration form. Space is limited so register today!

Rebecca Wolf (253) 512-1342

rebecca.b.wolf2.ctr@mail.mil

SSG Zangenberg (253) 512-1357

adam.p.zangenberg.mil@mail.mil



LivingWorks



This event is being presented by the WA National Guard Joint Services Support Directorate's Suicide Prevention Program, benefiting Soldiers, Airmen, Veterans and their Families.

Serving Soldiers, Airmen, Veterans and their Families 13.

Joint Services Contact List



Joint Services Support Director & State Family Programs Director

CH (COL) Carl Steele
253-512-7600 | 253-606-9271



Operations

Operations NCO

1SG Dana Trakel
253-512-1381
Dana.m.trakel.mil@mail.mil

Program Analyst

SSG Michele Thomas
253-512-7755
michelle.r.thomas63.mil@mail.mil

Marketing Program Coordinator

Lauren Feringa-Nash
253-512-8534 | 310-7477
WANG.JSS.MARKETING@gmail.com

Sexual Assault Response Coordinator

The SARC serves as the designated program manager of victim support services, ensuring that victims are provided with advocacy and access to needed care and support.

Sexual Assault Response Coordinator

SFC Melinda Heikkinen 253-512-1365

Victim Advocate Coordinator

SSG Jennika Cardenas 253-512-7881
24/7 Hotline 253-307-6483



R3SP

Resilience, Risk, Reduction, Suicide Prevention

It is our priority to promote resilience and risk reduction, and to correspondingly decrease suicidal thoughts and actions. This includes enhancing the resilience of our Guardsmen & families through training, awareness, prevention & intervention programs.

Suicide Prevention Program Managers

Rebecca Wolf (253) 512-1342
SSG Adam Zangenberg 253-512-1357
National Suicide Lifeline
800-273-TALK



Master Resiliency Training Program

Creating a culture of consistent fitness, well-nutrition, PT standardized goals and motivation through education; this course meets MRT standards.

SPC Becky Davis 253-512-1358



Yellow Ribbon Reintegration Program

Pre, During & Post YRRP events, family counseling, VA support, financial planning, daycare, injuries & more.

LT Cassandra Hawley 253-512-1355



Family Assistance Specialist

Referral for Crisis Intervention Counseling, Community Information and Referral, TriCare Medical and Dental Resource Referral, Legal Resources Referral, ID Cards, Defense Enrollment Eligibility Referral (DEERS), Financial Resource Referral.

State Family Assistance Coordinator

Deborah Discolo 253-945-1869 | 253-355-5124

Family Assistance Specialist's

Camp Murray Bldg 3

Denise Whitten 253-512-8367 | 253-355-5875
Kimberly Huss 253-512-1350 | 253-355-5936

Seattle

Jim White 206-378-6466 | 206-473-2896
1601 W Armory Way, Seattle 98119

Olympia

Eva Valentine 360-704-6707 | 360-628-7195
515 Eastside St SE, Olympia 98501

Marysville

Dorie Sprague 360-436-2423 | 253-355-6388
13613 40th Ave NE Marysville 98271

Port Orchard-Bremerton

Heather Valez
360-874-2966 | 360-254-2412 | 253-254-1906
1950 Mile High Drive, Port Orchard 98366

Yakima

Tim Gatton 509-469-4638 | 509-844-4059
2501 Airport Lane, Yakima 98901

Moses Lake/Wenatchee

Doug Heimigner 509-630-0701 | 509-630-0701
6500 32nd Ave NE, Moses Lake 98837

Spokane(Fairchild)

Kim Cole 509-532-2775 | 509-844-1115
1626 N. Rebecca, Spokane 99224

Kent

Sarah Monta 253-512-8766 | 253-208-8602
24410 Military Road, Kent 98032

Longview-Vancouver

Liz Johnston 360-604-7303 | 253-355-6239
15005 N.E 65th St. Vancouver, WA 98682

Family Readiness Support Assistant

To empower commanders in their duty to deliver the Total Army Family Program so that Soldiers and Families are entitled, informed, educated, assisted, and made ready for the unique demands of military life before, during, and after deployment.

Family Readiness Support Services

253-512-7753
Bldg 3, Camp Murray, WA 98430

81st BCT

Jacque Taylor 253-512-8506

96th TRP CMD/56th

Sonja Wood 253-512-8345

66th AVN

Beatrice Warner 253-304-1950

Child & Youth Program

Child & Youth Program provides programs and opportunities for National Guard connected youth.

Lead Child & Youth Program Coordinator

Robbin Seeberger 253-512-7985
Bldg 3, Camp Murray 98340

Child & Youth Program Coordinator

James Goodman 253-512-1356
Bldg 3, Camp Murray 98340



Survivor Outreach Services

Provide benefits and services to surviving families to ensure that they feel part of the Army National Guard Family.

SOS Support Coordinator, Camp Murray

Sara Vargo 253-202-0982

SOS Support Coordinator, Tri-Cities

Shirley Schmunk 509-734-7053



Transition Assistance Advisors

Assists Service Members and their families with accessing Veterans Affairs benefits and filing claims, TRICARE, state benefits, locating documents such as dd-214's and medical documents, and accessing community resources.

Annie DeAndrea 253-512-8722

Department of Veterans Affairs

Service Officer (American Legion)

Cathy Hennie
253-512-8196 | 360-951-8182

Employment Transition Services

Employment Transition Services (ETS) provides helpful coaching to assist unemployed, separating and retired military personnel enter the civilian world.

Camp Murray (Western WA)

Will Gable 253-512-8727
Shannon Leacy 253-512-8903
Tom Adams 253-512-1351

Moses Lake/Yakima/Tri-Cities (Central WA)

Rey Villarreal 509-760-3238 | 509-361-4173
6500 32nd Ave, Moses Lake 98837

Spokane (Eastern WA)

Eric Barnes 509-532-2795
1626 N. Rebecca, Spokane 99224

Kent/Everett/Marysville/Seattle

Cathie McKinney 253-945-1821

Vancouver/Centralia/Longview

Jennifer Hibbs 360-604-7320

MAIN NUMBER: 253-512-8540

Director of Psychological Health

The mission of the Psychological Health Program is to advocate, promote, and guide National Guard members and their families by supporting psychological fitness for operational readiness.

Director of Psychological Health - Army Western WA

Julie Madsen 253-512-8783 | 253-273-1769

Eastern WA

Tawnya Wright 509-910-3125

Director of Psychological Health - Air

Lynn Mackinnon 253-370-2048 | 253-905-4620

Airmen Family Readiness Coordinators

Camp Murray

Angela Sutter 253-512-3397
Building 107, Camp Murray 98430

Spokane

Mary Thomas 509-247-7009
1403 W Wainwright Blvd.
Fairchild Air Force Base, Spokane 99224

Employer Support of the Guard and Reserve

The ESGR seeks to promote a culture in which all American employers support and value the military service of their employees.

Program Support Technicians

Kenneth Schwarm 253-512-8468
Marie Moynahan 253-512-8489

Administrative Support Technician

Kathleen Wilcox 253-512-8253
State Office 877-306-1971
National ESGR 800-336-4590
www.esgr.mil



Hero 2 Hired Employment Coordinator

Matching the Guard and Reserve "2" jobs they deserve.

Tamie Clark (253) 512-1383



Military One Source

Military OneSource
800-342-9647